

INCLUDES
20
EXERCISES!



MR CUBE



EXERCISE MANUAL



MONITORED REHAB SYSTEMS

INTRODUCTION

We proudly present the unique designed software to benefit patient satisfaction and motivation, functional improvement of disabilities and impairments. The various exercise and testing protocols clearly show objective data in order to analyse and document patient improvement.

The only 3 to 4 steps quick start software is making the practical clinical use within the sports-medicine, rehabilitation and general PT-field widely used.

The MR Cube can be easily adjusted to the patients exercise material and weights.

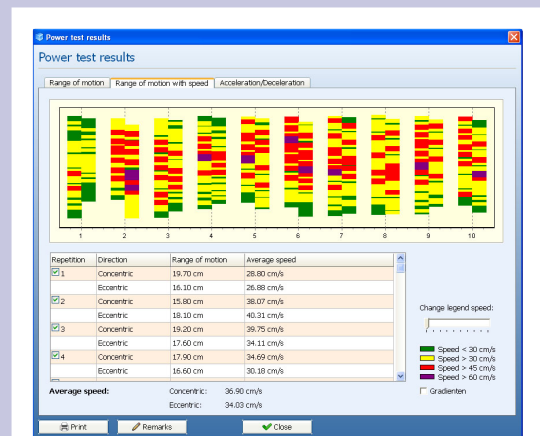
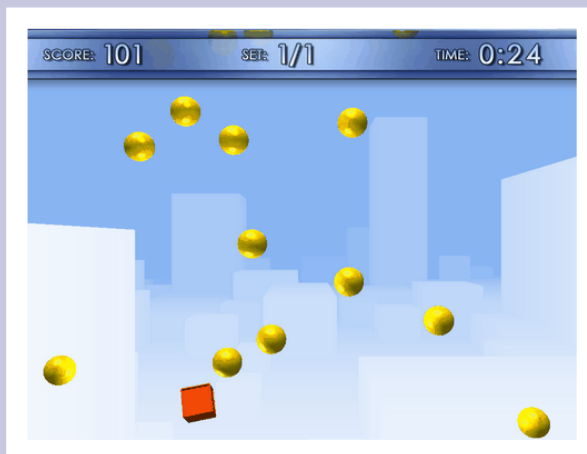


TABLE OF CONTENTS

Group

Shoulder	Exercise 1 - 8
Upper body, total body	Exercise 9 - 11
Lower extremes	Exercise 12 - 20

EXERCISE 1



START

Stand on 2 legs with both arms extended.



END

With shoulder blades retracted, raise elbows along torso 90 degrees.

GOAL:

Trains scapular stability in the direction of retraction.

EXERCISE 2



START

Sit in chair without leaning and with back in a natural position. Arms to the sides.



END

Torso remains in natural position while arm is elevated to the level of the scapula.

GOAL:

Greater use of *m. supraspinatus* through elevation to scapular level.
Sitting without leaning promotes torso stability.

EXERCISE 3



START

Stand on 2 legs with knees and hips slightly flexed. Elbow at side flexed 90 degrees with forearm held before abdomen.



END

Externally rotate arm on its vertical axis.

GOAL:

Trains rotator cuff in the direction of external rotation. Shoulder kept in safe position for passive stability.

EXERCISE 4



START

Stand with back straight and arm supported in 90 degree abduction.



END

Externally rotate arm on its transverse axis.

GOAL:

Trains rotator cuff in the direction of external rotation at a functional angle for throwing. Support makes it easier to maintain shoulder position.

EXERCISE 5



START

Stand with back straight and arm in 90 degree abduction.



END

Externally rotate arm on its transverse axis.

GOAL:

Trains rotator cuff in the direction of external rotation at a functional angle for throwing.

EXERCISE 6



START

Stand with knees slightly flexed and torso straight. Suspend bar from extended arms.



END

Bar elevated above navel.

GOAL:

Functional lifting exercise with focus on dorsal stability.

EXERCISE 7



START

Stand with knees slightly flexed and torso straight. Position at shoulder level.



END

Lift bar over head until elbows are fully extended.

GOAL:

Extension exercise for upper extremities.

EXERCISE 8



START

Stand with knees slightly flexed and torso straight. Arm extended alongside torso. Hold Terra band under foot and in hand.



END

Elevate extended arm to the level of the scapula.

GOAL:

Greater use of *m. supraspinatus* through elevation to scapular level from rotator cuff.

EXERCISE 9



START

Stand on 2 legs with elbows at sides flexed 90 degrees.



END

Arms extended and in squat position with knees flexed 90 degrees max.

GOAL:

Trains scapular stability in the direction of retraction, with additional focus on chain stability.

EXERCISE 10



START

Stand on 2 legs
with knees and hips
slightly flexed.



END

Rotate from torso
with arms extended.
Pelvis remains
parallel with line
between feet.

GOAL:

Trains torso stability in the direction of rotation.

EXERCISE 11



START

Kneel on the BOSU ball with arms extended.



END

With shoulder blades retracted, raise elbows along torso 90 degrees.

GOAL:

Trains scapular stability in the direction of retraction, with additional focus on chain stability.

EXERCISE 12



START

Stand on 1 leg with both arms extended.



END

With shoulder blades retracted, raise elbows along torso 90 degrees.

GOAL:

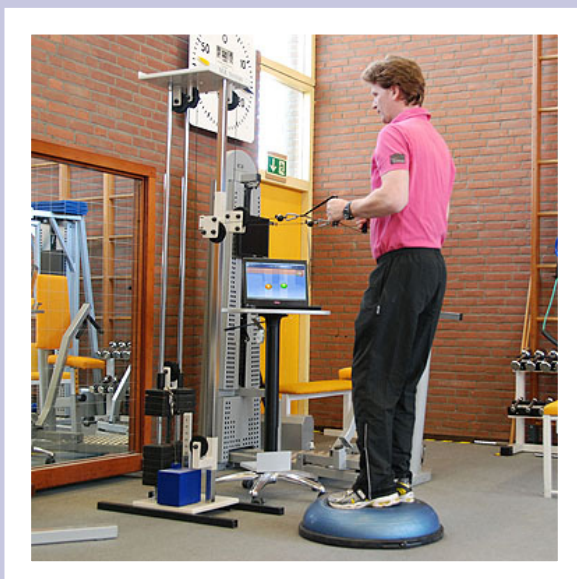
Trains scapular stability in the direction of retraction, with additional focus on chain stability.

EXERCISE 13



START

Stand on 2 legs on an unstable surface (BOSU) with both arms extended.



END

With shoulder blades retracted, raise elbows along torso 90 degrees.

GOAL:

Trains scapular stability in the direction of retraction, with additional focus on chain stability.

EXERCISE 14



START

Stand on 1 leg on an unstable surface (BOSU) with both arms extended.



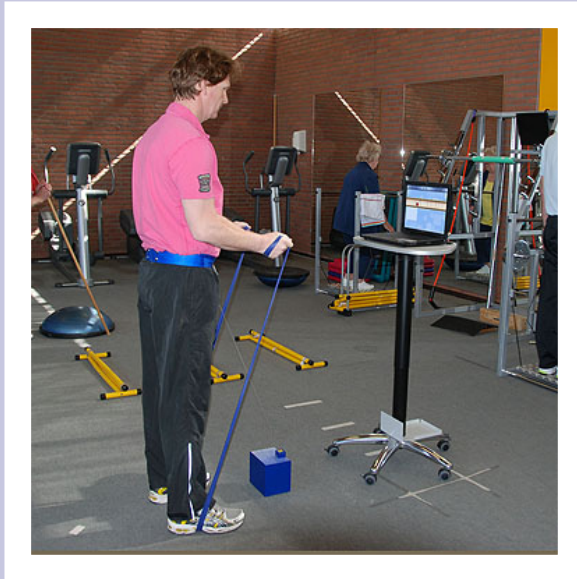
END

With shoulder blades retracted, raise elbows along torso 90 degrees.

GOAL:

Trains scapular stability in the direction of retraction, with additional focus on chain stability.

EXERCISE 15



START

Stand with back straight holding Terra band in hand and under foot.



END

Squat position with knees and hips flexed and torso straight.

GOAL:

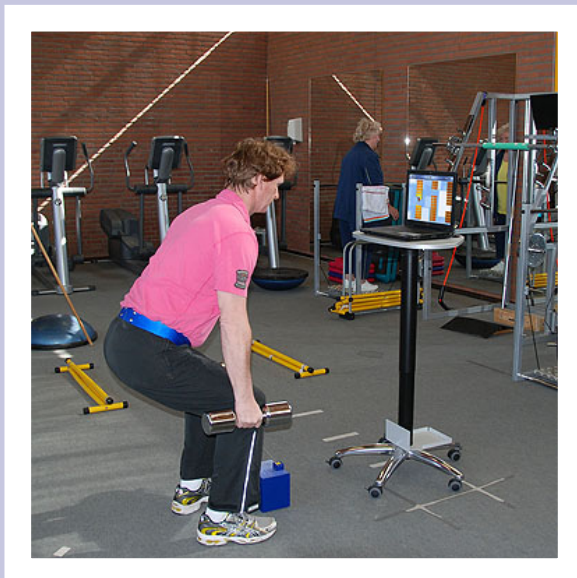
Trains lower extremities with focus on torso stability.

EXERCISE 16



START

Stand with back straight holding dumbbells in hands.



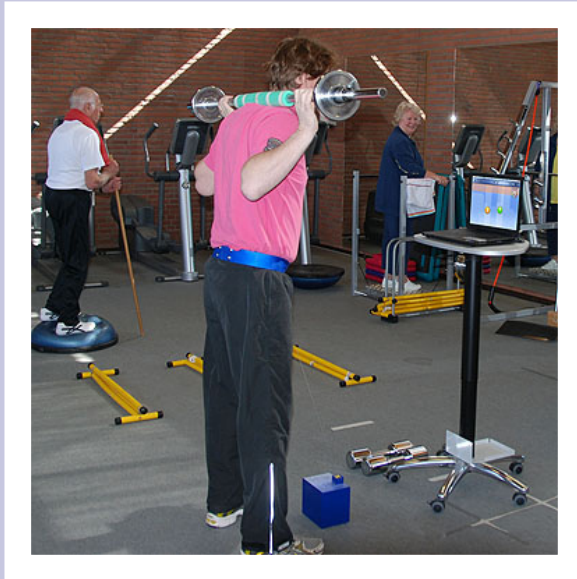
END

Squat position with knees and hips flexed and torso straight.

GOAL:

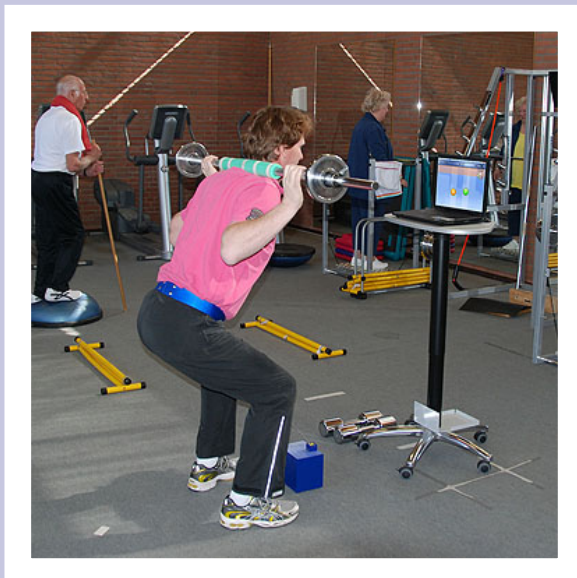
Trains lower extremities with focus on torso stability.

EXERCISE 17



START

Stand with back straight with squat bar in neck.



END

Squat position with knees and hips flexed and torso straight.

GOAL:

Trains lower extremities with focus on torso stability.

EXERCISE 18



START

Stand with back straight on 1 leg with squat bar in neck.



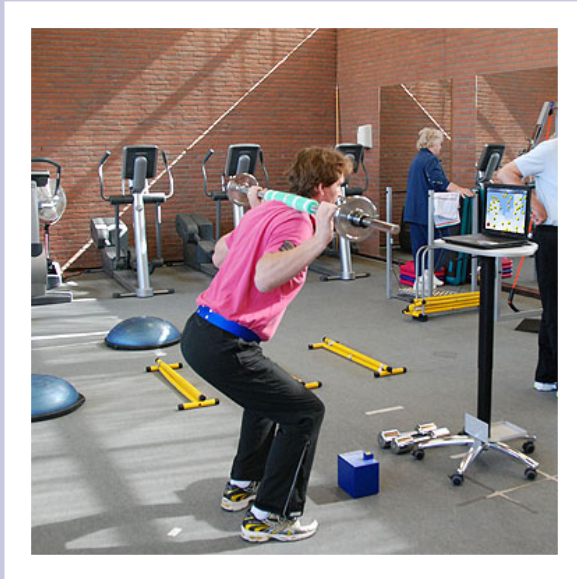
END

Squat position with knees and hips flexed and torso straight.

GOAL:

Trains lower extremities with focus on torso stability and chain load.

EXERCISE 19



START

Squat position with knees and hips flexed and torso straight.



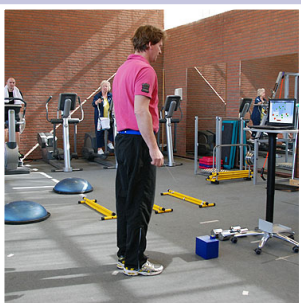
END

Squat jump up.

GOAL:

Trains lower extremities with focus on torso stability in terms of functionality/sports agility.

EXERCISE 20



START

Dribble forwards
and backwards.

GOAL:

Start of runner training.



MONITORED REHAB SYSTEMS

Monitored Rehab Systems B.V.
Claes Tillyweg 2 | 2031 CW Haarlem | The Netherlands
Phone: +31 (0)23 750 5444 | Fax: +31 (0)23 750 5445
www.mrsystems.nl | info@mrsystems.nl